

## LARGE GYM SCHEDULE

### SUNDAY

#### Family Open Gym

10:15am-11:45am

#### Open Court Pickleball Intermediate-Advanced

12:00pm-2:00pm

#### Beginner Pickleball Lessons

2:00pm-3:30pm

Kelly

Registration Required

### MONDAY

#### Interval Training

7:00am-7:45am

In-person at the Y  
Bruce

#### Open Court Pickleball

8:30am-10:30am

#### Open Gym

2:00pm-4:00pm

#### Youth Basketball

4:00pm-5:45pm

#### Soccer Alliance

6:45pm-9:45pm

11/11/24-3/24/25

### TUESDAY

#### Menta Academy

12:00pm- 2:00pm

#### Youth & Family Open Gym

3:15pm-4:45pm

#### Intermediate Pickleball Lessons

5:00pm-6:30pm

Kelly

Registration Required

#### Soccer Alliance

6:45pm-9:45pm

11/11/24-3/24/25

### WEDNESDAY

#### Boot Camp

7:00am-7:45am

In-person at the Y  
Bruce

#### Adult Basketball

11:00am-2:00pm

#### Youth Open Gym

4:00pm-5:45pm

#### Soccer Alliance

6:45pm-9:45pm

11/11/24-3/24/25

### THURSDAY

#### Interval Training

7:00am-7:45am

In-person at the Y  
Bruce

#### Menta Academy

12:00pm- 2:00pm

#### Adult & Family Open Gym

3:15pm-5:45pm

#### Soccer Alliance

6:45pm-9:45pm

11/11/24-3/24/25

### FRIDAY

#### Beginner Pickleball Lessons

8:00am-9:30am

Kelly

Registration Required

#### Senior Strength

10:00am-11:00am

In-person at the Y  
Bruce

#### Balance & Flexibility

11:00am-12:00pm

In-person at the Y  
Bruce

#### Adult & Family Open Gym

12:00pm-3:00pm

#### Youth Open Gym

3:15pm-5:45pm

### SATURDAY

#### Bootcamp

8:15am-9:00am

In-person at the Y  
Bruce

2nd and 4th Saturday

#### Bootcamp Light

9:15am-10:00am

In-person at the Y  
Bruce

2nd and 4th Saturday

#### Adult Open Basketball

10:15am-11:45am

#### Open Court Pickleball Intermediate-Advanced

12:00pm-2:00pm

#### Family Open Gym

2:15pm-5:30pm

RESERVATIONS  
REQUIRED AND CAN  
BE MADE IN YOUR  
YMCA360 ACCOUNT.  
3 consecutive no-  
shows result in member  
reservation privileges  
being suspended.

